



HELP INTERNATIONAL SCHOOL

"Life in all its fullness"

HIS NEWSLETTER

Issue: 2014 / November



Cover:
Deepavali artwork by Year 5 Newton

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HELP International School

No 2 Persiaran Cakerawala,
Subang Bestari, Seksyen U4,
40150 Shah Alam, Selangor.

Tel: 03-78097000 • Fax: 03-78097014

E-mail: enquiry@his.edu.my

Website: www.his.edu.my

Facebook: [facebook.com/HELPInternationalSchool](https://www.facebook.com/HELPInternationalSchool)



Parent Volunteers working on various *kolams* to be placed around the school for Deepavali

Message from the Principal

Dear Parents and Friends of HIS,

This is our first newsletter since we started the new academic year. Let me therefore welcome back our pioneer batch of students and say a warm word of welcome to all our new students and parents to the school. Our growth continues at a steady pace and we now have just over 900 students and 100 teachers in the school. We welcomed over 40 new teachers and staff to the school in September. I thank all of you who have actively promoted HIS to your friends and family and appreciate the support and trust you give us by doing so.

At the end of our last academic year, we had all our teachers and staff spend a weekend in retreat reviewing our inaugural year and looking at all areas of our school life. It was a very encouraging end to our first year and discussions ranged from teaching and learning, assessments, student behavior policies to parent communication and administrative processes. We are now in the midst of feeding many of the suggestions from that retreat into a three-year School Improvement Plan. You would have already seen a roll-out of some of these discussions, specifically in the area of school-home communication, cafeteria meals and school leadership appointments.

We have also been in deep discussions with our teachers regarding teaching, learning and assessments. Already many of our students who need additional support in English, Maths and Science have been scheduled for additional lessons. Our weekly synopsis of lessons and homework continue to be sent to you each Friday so that you can also monitor that the work that has been given out to your children gets done and handed in on time. We have had quite a few of our teachers in this first month of school attending Professional Development Courses for various subjects organised by Cambridge. These courses will equip our teachers with a higher level of understanding regarding the Cambridge IGCSE exams as well as progression of work from Primary to



Secondary. Apple also continues to work closely with us to assist with the use of technology to enhance learning in the classroom.

In the first three weeks of term, we focused immediately on assessments and exams. Our current Year 7 and 10 students sat for their Checkpoint Tests in mid-October. Our A-levels students had their AS and Practical exams in October. Every class from Year 1 to Year 10 had baseline assessments in English, Maths, Mandarin, Bahasa Malaysia and Science (Year 4 to 10). Though it is still early in the school year, our energies have been focused on ensuring a high level of teaching and learning in the classrooms.

In terms of our facilities, I am pleased to announce that we have already started using the outdoor multipurpose courts and we plan to officially open the full-sized football field with a charity parent-staff football game sometime in December. We have also created additional spaces in the school for dance and drama to cater to the increased enrollment.

The start of a school year is always filled with new and sometimes unexpected challenges. With over 300 new students, our task in the first weeks has been to help our new HELPIans settle into the life of the school and enjoy the experience without it being too stressful adapting to the new environment. Going by the reports from my teachers, this transition has been a smooth one for almost everyone.

We look forward to a fantastic year ahead and thank all of you again for your continued support as volunteers and well-wishers of the school.

Vita ad plenitudinem,

Dr. D. Gerard J. Louis
Principal

Message from the Deputy Principal



Dear Parents,

It has been an exciting start to the new academic year. We have begun our programme of CCA and ECAs. There are about 80 choices, from Football and Fencing to Academic Booster classes. We have celebrated Hari Raya and Deepavali with Assemblies involving the whole school and students have also participated in Anti-Bullying Week. Our students have had the opportunity to take on a full and active role in school life.

Our prefectorial board has increased along with our new intake and a special day of student leadership has been planned for November. Students are also taking leadership roles within their Houses.

We have trips and visits planned, particularly for the Secondary school this term. Casting and preparation is underway for the school productions of *The Jungle Book* and *Wicked!*

Our school is growing in size. We will be taking part in the PISF Education Fair at Mid Valley Megamall on November 8 and 9, so if anyone is interested in talking to us about the school they can come along and see us there.

Once again, I would like to thank our fabulous Parent Volunteers who are always so supportive of the school, helping with new student orientation, textbook distribution, library duties, storytelling, cafeteria duties, preparation for the school productions and festive decorations for our cultural celebrations. We are so fortunate to have such dedication and commitment at our school.

To finish, I want to mention that, over the next few weeks, your children will be creating personal targets that they need to focus on this and next term. Teachers will communicate these targets to you once they have been agreed with students. These targets give students a real focus for their academic progress and help them to become more organised and social-minded. Parents will receive more information on targets very soon.

Davina McCarthy
Deputy Principal



Collage design for sketchbook cover
Loh Nicole, Year 8 Mo Yan



The school PE facilities have been developed over the last few months and we now have a tennis and netball court along with a multipurpose games area which hosts two badminton courts, a volleyball court and two basketball posts. We will soon be in possession of our new full-sized football field. This will be used for PE lessons and extra-curricular activities and will play host to a range of sports such as football, rugby and ultimate Frisbee.



ACADEMIC CORNER



1



In October, the **KS1** teachers hosted a Parent-Meet-and-Greet session in each of our classrooms. Parents were invited, with their children, to learn about the many different things that have been going on in the classes so far this year. The topics that were covered were: introductions to the teachers and teaching assistants, the curriculums for Literacy, Maths and IPC, reward systems, homework policies, expectations and what we have been learning so far this year. It was an opportunity for everyone to get to know each other a little better and for the children to show their parents some of the things they have created in their first month at HIS.



2



3



WHAT IS IPC?

The International Primary Curriculum (IPC) is a comprehensive, thematic, creative curriculum for 3-11 year olds, with a clear process of learning and with specific learning goals for every subject, for international mindedness and for personal learning.

WHY IPC?

That's why the IPC has over 130 different thematic units of learning; all child-friendly, modern-day topics appealing to all ages of primary children; themes include Time Detectives, Airports, I'm Alive, Inventions and Machines and Global Swapshop.

The theme enables young children to remain motivated through the Learning of Science, Geography, History and so on. It also allows them to make purposeful links and connections throughout their learning and to see how their subject learning is related to the world they live in. Within each theme, the IPC suggests many ideas for collaborative learning, for active learning, for learning outside the classroom, for role play, and for children learning from each other.

WHAT SUBJECTS DOES IT INCLUDE?

Each IPC unit incorporates a range of subjects including Science, History, Geography, ICT, Art and PE and provides many opportunities to link literacy and numeracy. Each subject then has a number of learning tasks to help teachers to help children achieve a range of IPC learning goals.

WHAT ARE IPC LEARNING GOALS?

Knowledge : Children will know
Understanding : Children will understand
Skills : Children will be able to

For each unit, students explore what they know, understand and are able to do

HOW DO I FIND OUT MORE?

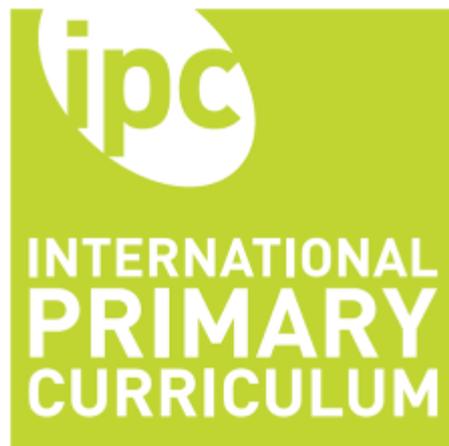
Feel free to visit the IPC official site at www.greatlearning.com or speak to the homeroom teachers.

You can also email Evelyn Boey at evelyn.boey@his.edu.my for any concerns or queries.

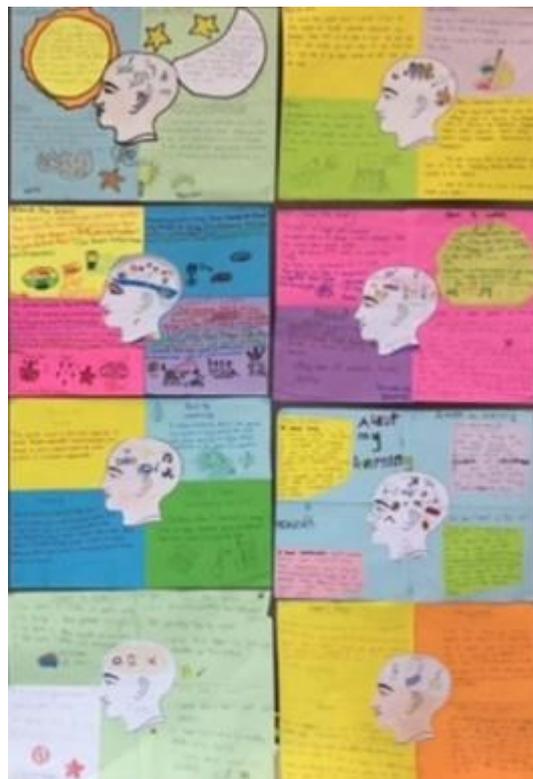
Workshops on IPC will be held on:

- Tuesday, November 18 Time: 1— 3pm
- Thursday, November 21 Time: 1:30 — 3:30pm

Please register by emailing your name, contact number, your child's homeroom, name and date of workshop to enquiry@his.edu.my.



“We know
that
children
learn best
when they
want to
learn.”



Year 5 Curie IPC classwork

IPC TOPIC RESOURCES

UNIT ONE

- YEAR 1: WHO AM I? (7 WKS)
- YEAR 2: INSECTS & FLOWERS (7 WKS)
- YEAR 3: DO YOU LIVE AROUND HERE? (8 WKS)
- YEAR 4: LIVING TOGETHER (7 WKS)

IPC TOPIC RESOURCES

UNIT TWO

- YEAR 1: SENSATIONAL! (7 WKS)
- YEAR 2: WE ARE WHAT WE EAT (8 WKS)
- YEAR 3: SAVING THE WORLD (8 WKS)
- YEAR 4: SHAPING UP (8 WKS)

IPC TOPIC RESOURCES

UNIT THREE

- YEAR 1: I'M ALIVE (7 WKS)
- YEAR 2: OUR WORLD (7 WKS)
- YEAR 3: ACTIVE PLANET (8 WKS)
- YEAR 4: WHAT'S ON THE MENU? (8 WKS)

IPC TOPIC RESOURCES

UNIT FOUR

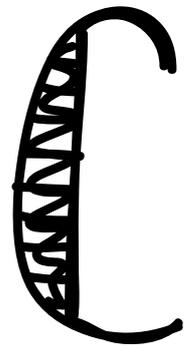
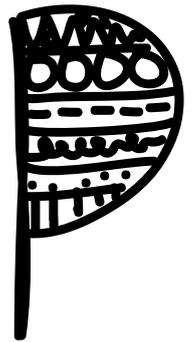
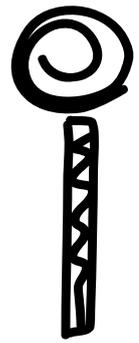
- YEAR 1: FROM A TO B (8 WKS)
- YEAR 2: THINGS PEOPLE DO (7 WKS)
- YEAR 3: GATEWAYS TO THE WORLD (6 WKS)
- YEAR 4: SCAVENGERS & SETTLERS (7 WKS)

IPC TOPIC RESOURCES

UNIT FIVE

- YEAR 1: SEEING THE LIGHT (7 WKS)
- YEAR 2: TIME DETECTIVES (7 WKS)
- YEAR 3: CHOCOLATE (5 WKS)
- YEAR 4: THEY MADE A DIFFERENCE (6 WKS)

These are samples of Year 1—4 IPC topics





Bullying poem

When they call me a geek when they call me a freak
 When they call me a loser when they
 say I rock?

They don't understand how it really feels, because
 during lunch they
 take my meal.

But this does not make sense I think this is imaginary
 war had just started
 to commence!

So now I speak up and now I declare, any bully need
 help to learn how to
 share.

We cannot just leave them to do what they like but
 show them how sharing can



WEEK OF



"So we face a choice every moment of every day: We can fill one another's buckets, or we can dip from them. It's an important choice – one that profoundly influences our relationships, productivity, health, and happiness."

How Full is Your Bucket?



You are innocent in front of me,
 and everyone else in school.
 You help teachers carry books,
 work sheets and even charts.

On the internet you are the opposite.
 Calling people jerks and not realizing you are one.
 We feel angry, upset and stressed but you
 feel joyful and happy to do that.

I used to laugh, I used to smile
 but when you come around in the internet
 I felt like I just have a bad luck charm.
 I tried to block you, unfriend you and delete you,
 but you always find a way to get back at me.

bullying is not allowed in the school



KIND NESS

- Students of HIS had an eventful week (October 27-31). They started off with learning about anti-bullying in class and spreading the message of kindness.
- Charity Club students held the cookie dedications for teachers and students, arranging for cookies with kind messages be delivered to friends and teachers.
- Jamie, our parent library volunteer, ran special storytelling sessions on the book "How Full is Your Bucket", explaining to children how being kind not only helps others, but helps them too.
- The first ever whole school assembly for the second academic year rounded up the activities with poem recital and personal sharing on anti-bullying, by students from Years 4, 5, and 6.
- The assembly was confidently hosted by Christine of Year 10, who was also part of the Year 10 performance on anti-bullying.

My Take On...

Anti-Bullying Week

Anti-Bullying Week Campaign in HIS is an annual event where students are educated on our school's firm stance against bullying through assemblies, PSHE lessons and open discussions amongst students and teachers.

This is a campaign I feel very strongly about. Growing up, I was the target of school bullies. Being the only Asian kid in a public school in Dundee, Scotland, it wasn't easy fitting in. From the age of 6 and throughout my primary school years, I was bullied. I felt I couldn't tell anyone. Both my parents worked hard and long hours providing for our family of 6, and I felt I couldn't burden them with my problems.

I learnt to bottle up my emotions, feeling more isolated through time. I tried to fit in, even to the extent of trying to scrub myself 'white' and shaving my arms in the hope of looking more like the other children. Naturally, it didn't work. I tried fighting back but it back-fired as there were always more of them to take me on. Teachers knew about the problem but no one intervened. I blame it on society's ignorance at that time.

The prolonged bullying affected me emotionally. I became quiet and withdrawn. I equated all attention as negative, so I didn't want any attention focused on me. Eventually, I built a wall around myself, never really letting my guard down and viewing every person with suspicion. I was lucky that I managed to

by Mr. Mohammad Iftkhar Salam
Head of Year 7 &
Technology and Visual Arts Coordinator



overcome that period of my life but some are not so lucky. In extreme cases, bullying becomes a matter of life and death. It took me years to slowly learn to trust anyone again.

Bullying takes many forms: mental, physical, name-calling, cyber-bullying, neglect, etc. Bullying is a learnt response. My observation in Asia is that bullying stems from a feeling of entitlement. Bullies here are usually from privileged backgrounds; treating their helpers badly, verbally abusing someone of a lower social standing or anyone weaker than them are accepted behaviours. In school, cyber-bullying is becoming more of a problem. For example, taking digital pictures of someone and photoshopping them for a joke.

In contrast, bullying that I witnessed in the poorer parts of London stem from feelings of anger and helplessness. In most cases, they come from broken homes where fathers are in prison and the mothers on drugs. Having no one to care for them, they take their anger and frustrations out on anyone they perceive to be weaker.

We, each and everyone of us, can help stop bullying by reporting it. Everyone has a responsibility to intervene. If you see someone being bullied, ACT. Don't be a bystander to

bullying. If you choose not to intervene, you are quietly condoning it.

If you are a victim of bullying, choose not to be a victim. Speak up and tell someone about it.



"Our lives begin to end the day we become silent about things that matter"

Martin Luther King



The HIS Deepavali celebrations at the assembly began with a unique fusion dance by Year 2 Blake, followed by awarding of hampers to the Kolam designers and an educational video on the significance of Deepavali. This 900-student strong assembly came to an end with HIS teachers being invited to dance to a famous Indian song as a celebration of the Festival of Lights.

A special thank you to teachers Ms.Meena and Ms.Deepa for the Deepavali assembly, and on behalf of all teachers, a special thank you to our parent volunteers who added joy to the festival by decorating the school, lending sarees and Indian clothings to our teachers, as well as sharing delicious Indian food. HIS events continue to be a wonderful collaboration among students, teachers and parents.

Festivities at HIS





THE JUNGLE BOOK



A HELP International School Theatre Production



Congratulations **Lucas Ng** (Year 3 Mandela) for your winning design in the recent Jungle Book poster competition!!



Lucas' design has been incorporated into the official logo of the HIS Jungle Book production, and will be used for all official documentation (programme book, tickets, posters) and merchandise (t-shirts).

T-shirts orders will begin next week. Sample sizes will be on display at the foyer.

Ticket sales will begin from November 17.





STUDENT CORNER

" I had recently entered in a photo contest, *Picture My Rights* held by UNICEF Malaysia. The main objective of the contest was to raise awareness of children's rights in Malaysia, highlighting the five fundamental children's rights: dignity; survival, development, safety and participation. After weeks of judging, my photo was selected as the winner of the 'Safety' category and I have been awarded a five-day residential workshop under the mentorship of world-renowned humanitarian photographer Giacomo Pirozzi as well as a digital camera and having my photo exhibited together with other shortlisted and winning entries at the School Jaya One at an exhibition in November. I look forward to learning more about photography and participating in more meaningful events like these in the future. "

Loh Rachel
A-Levels



Year 2 shoe box gardens
Conceptualised on paper then translated into an actual garden as part of their IPC topic on Insects & Flowers.



Design & Tech classes
Students designed and produced their own bags



HIS ECO Super Science Club
Students created their own signage out of recycled materials



TO: THE PARENT
Volunteers

FROM: 3 Gandhi

Dear Parents thank you for helping
With the canteen.

Dear Parents,
Thank you for guiding us when we are at
the canteen. We are very thankful for helping
us.

★ Thank you ★

Students from Year 3 Gandhi expressing their thanks and gratitude to Parent Volunteers for their assistance in the cafeteria.

For two weeks at the beginning of term, a team of Parent Volunteers were on duty during snack and lunch to ensure that all children know where to queue for their meals, how to use their smartcards, and also to ensure that the cafeteria staff were able to cope with the increase in student numbers.



Urbanization

All living things need water. Water is the most essential component of our everyday lives. Research shows that over 780 million people do not have access to clean water. With that, I think that everyone should contribute to conserving water by having shorter showers, because when it comes to saving water, little things can make a big impact. This photo was taken on my way back home from school. It started to rain heavily that evening on the way home and the car stopped, giving me an opportunity to take this shot. Sadly, I didn't have my DSLR with me, which is how I usually take all my photos. I used my iPad to take this picture. I think it is very meaningful as it has many different elements in one photo. There is raindrops, a tree, which resembles nature, a sign, a road and a building. I think it is cool because the building shows urbanization and how lack of water has become such a big problem, especially in my city. I hope this entry will be taken into consideration. Thanks!

Rubin Saini
HELP International School
Malaysia

Congratulations to Rubin from Year 10 Ka-Shing for his entry in the recent international students photography competition run by the University of Melbourne. With the theme, "Water, Water, Everywhere?", Rubin's photo won him a US\$100 Amazon voucher.

Up Close and Personal With Chef Saber

Q: Tell us how you got into the food industry.

A: My mother worked as a cook and since small I've always helped her in the kitchen with easy tasks such as peeling onions, chopping vegetables, etc. I remember one of my most important task was to make the vinaigrette sauce (salad dressing) using my mum's special recipe of lime juice, salt and olive oil. By the time I was 10 or 11 years old, I was cooking simple dishes like scrambled eggs but more often than not, burning it! The first dish I made all by myself was Spaghetti Bolognaise. As a boy, I could never get enough of my mum's Bolognaise sauce, easily finishing 4 to 5 plates at each seating!

Q: What food brings you back to your childhood?

A: Undoubtedly my Mum's hand-rolled and twice-steamed cous-cous. My parents were originally from Tunisia and they left for Belgium when they were in their 20s. I was born in Belgium but my Mum still made sure we learn to enjoy traditional Tunisian cuisine. Making cous-cous is a time consuming affair as the stock has to be made in advance with beef, lamb or chicken. It's cooked using a pressure cooker and when the pot is uncovered the smell of the spices permeated the whole house and my siblings and I will run to the kitchen for our Mum's special dish.

Q: How would you encourage children in HIS to try new food?

A: You wouldn't believe it looking at my size now but I was a very picky eater up till the age of 11 or 12. I wouldn't eat fish, salad or broccoli. My mum kept pushing me to try new food, and will not let me leave the table without finishing my plate. Eventually, I learnt to enjoy vegetables and fish dishes but still put on a show that I hated it! The key is to keep encouraging children to try new food and eventually they will like it.

The greatest job satisfaction for me is when children come up to me and say that they enjoyed the food. The younger ones show me their empty plates to prove that they finished their meal. A few kids are reluctant to try new dishes but we cannot give up on them. The policy of only allowing children to play after they have eaten will encourage them to try food they are not familiar with. Parents need to continue educating their children about good food choices at home in partnership with what teachers and the school are teaching them about healthy eating.

Q: What is your philosophy on food?

A: When I was younger, my attitude towards food was more "Live to Eat", which led to me ballooning to a weight of 120kg. I put it down to a combination of eating junk food and the fact that once I started working, I had less time to continue my sporting activities. After a couple of years, I realised that it was impacting on my quality of sleep, my energy level and stamina. I have now changed my lifestyle and try and watch what I eat and find time for sports.

My aim in HIS is to serve tasty and healthy school food to children in correct portions. With a combination of diet and exercise, a healthy lifestyle is achievable for all children.

Q: If you can have one superpower, what would it be?

A: I would love to have the power to feed the world. If everyone can get one decent meal a day, a lot of global issues would be solved.



Born: 22 June

Hometown: Ghent, Belgium

Hobby: Mixed Martial Arts, Squash, Basketball, Soccer, Cooking for friends



PARENT WORKSHOPS



UPCOMING EVENTS

Thursday, November 13
11:45am — 12:35pm
Level 3 Meeting Room

KS2 Group LEGO Competition

Theme: Building your dream school for the year 2020

Deadline: Sign up by Monday, November 10

* each group should consist of 3 members

Bring: LEGO baseplate and a LEGO set per group

Friday, November 14 (Pt 1)
Friday, November 21 (Pt 2)
9am — 11:30am
Training Room, Level 3

Stress Management (Part 1 and 2) Seminar

by Dr Goh Chee Leong

Email enquiry@his.edu.my to register

Saturday, November 22
from 9am
New HIS football field

Football Charity Friendly (Parents vs Teachers)

To officially open our new field and to raise funds for a refugee school called “Dignity for Children Foundation”

A donation box will be passed around on that day; and all collections go towards their Faisal Cup 2014 tournament

(<http://www.dignityforchildren.org/events/2014/faisal-cup-2014>)

Email Mr Hammonds at m.hammonds@his.edu.my to register

